



Mental Health Awareness Week is taking place in the UK this week. As the theme is **kindness**, it links nicely to our current Learn Together Value of the Month. The students have been focusing on lots of different kindness activities with their teachers. Please find some further information below for parents & guardians.



One thing that we have seen all over the world is that kindness is prevailing in uncertain times. We have learnt that amid the fear, there is also community, support and hope. The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve emotional wellbeing. Kindness has the power to transform our schools, places of work, communities and families. *(UK Mental Health Foundation)*

### Kindness Matters



Strength, courage and power do not exclude kindness, understanding and consideration. You can be strong and kind; you can be courageous and understanding; you can be powerful and considerate." - Linda R. Dominguez

Click on the video to play

### Here are some simple acts of kindness to inspire you

Before you start, be mindful not to overdo it. If you find that you are giving too much of yourself or have gone beyond your personal resources, think about taking a step back. Start small so that you don't become overwhelmed or give more than you are emotionally or in other ways able to give.



- \* Call a friend that you haven't spoken to for a while
- \* Tell a family member how much you love and appreciate them
- \* Arrange to have a cup of tea and virtual catch up with someone you know
- \* Arrange to watch a film at the same time as a friend and video call
- \* Tell someone you know that you are proud of them
- \* Tell someone you know why you are thankful for them
- \* Send someone you know a joke to cheer them up
- \* Send an inspirational quote or an interesting article to a friend
- \* Send an inspirational story of kindness people around the world are doing for others to someone you know
- \* Contact someone you haven't seen in a while and arrange a virtual catch up
- \* Make a cup of tea for someone you live with
- \* Offer to send someone a takeaway or a meal
- \* Donate some food to your local soup kitchen/food bank
- \* Donate to a charity
- \* Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
- \* Offer support to vulnerable neighbours
- \* Lend your ear – call a colleague and ask how they're finding the change in routine
- \* Give praise to your colleague for something they've done well
- \* Arrange to have a video lunch with a colleague



### Simple Ways to Be Kind to Yourself

- \* Call a friend you haven't talked to in awhile
- \* Get moving in whatever way makes you feel good
- \* Eat your favourite meal for dinner
- \* Try something new
- \* Share a success
- \* Go for a walk with a friend
- \* Sleep - [Guide to a good night's sleep during tough times](#)
- \* Take a break - give yourself some 'me time' each day
- \* Read a book / Draw or paint/ Listen to your favourite music/ Get up and dance
- \* Meditate – download an app like [Calm](#) or [Insight Timer](#) for or free guided breathing exercises
- \* Take a few minutes to focus on your good qualities. When you do something you're proud of, however small, stop for a minute and focus on it. Try writing down three things that you appreciate about yourself.
- \* Try to put less stress and pressure on yourself. Think about unrealistic standards you've set for yourself, like 'I have to finish this project today.' Regular breaks will stop you burning out and mean you can be more productive, so they're not a 'waste of time'.
- \* Show yourself compassion when things aren't going well and remember that you're doing the best you can.



Or whatever works for you! It not about what you 'should' do or what 'sounds' good to someone else. It's about placing a priority on you and what supports your own wellbeing.

Many of the tips & tools above were inspired by a variety of different online resources, including [www.mentalhealth.org](http://www.mentalhealth.org) [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) [www.nhs.uk](http://www.nhs.uk) [www.spunout.ie](http://www.spunout.ie)

## Healthy Mind Platter

We all know about the healthy eating pyramid. Have you ever considered what the equivalent would be of a recommended daily diet for a healthy mind? Dr. Dan Siegal, a leading neuropsychiatrist, believes that there are essential activities our brain needs to function at its best. He created the 'Healthy Mind Platter' which has seven daily mental activities he believes are necessary for optimum mental health. The Healthy Mind Platter provides a guide on how to nourish our mental well-being each day.

### Healthy Mind Platter



[https://www.drdansiegel.com/resources/healthy\\_mind\\_platter/](https://www.drdansiegel.com/resources/healthy_mind_platter/)



Just a reminder that there are lots of **wellbeing resources** on our website to support students during this time. Resources here are updated regularly.